

PROGRAM GUIDE

THERAPEUTIC RECREATION

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Adaptive Recreation



January - May 2010

For Individuals of all ages with Disabilities





Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone 513.352.4028 • Fax 513.352.4637
www.cincyrec.org/TR

Winter & Spring Program Guide 2010

Inspiring Today. Strengthening Tomorrow.

Dear Participants and Families,

Happy Holidays and Happy New Year! The TR Team is excited to offer you our newest edition of the CRC TR Program Guide for Winter & Spring, 2010. You will now be able to download a digitized version of each program guide from your own home—or, you can continue to receive it through the mail. It's your choice!

Even though our economy is slowly making a comeback, you may notice a few of your favorite programs are missing, or that there is an increase in registration fees. I have been very encouraged by your support of our TR programs through your participation during the fall season.

Please feel free to contact me with your suggestions and comments.

Regards,

Alayne M. Kazin, CTRS

Alayne M. Kazin, CTRS
Service Area Coordinator
Division of Therapeutic Recreation
(513)352-4945



Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.



GET ACQUAINTED

with the full-time therapeutic recreation staff!



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Cincinnati Recreation Commission

Division of Therapeutic Recreation

The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. All of our full-time CRC Therapeutic Recreation Program Staff are Certified Therapeutic Recreation Specialists (CTRS).

Inclusion Support Services

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce the physical, programmatic and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness and disability training.

Therapeutic Recreation Services

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as providing exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community through the delivery of:

- Programs for persons with cognitive impairments
- Programs for persons with physical impairments

What is a CTRS?

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy and practice that spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness.

Professional recognition is granted by NCTRC to individuals who apply and meet established specific standards for certification which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

The programs identified in this guide are designed to meet the needs and interests of individuals with mental, physical, learning and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR Staff listed on page 2.

CRC Therapeutic Recreation

Inspiring Today. Strengthening Tomorrow.

Inclusion & Accommodations

Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our Inclusion Services. The TR staff will assist you in identifying programs, registering and requesting accommodations.

What is Inclusion?

Inclusion is individuals with and without disabilities participating in recreational activities together.

Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist CRC's recreation center staff with accommodations, education, and materials to aid them in including individuals with disabilities in their programs and activities.

Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Supports
- Training for Staff
- Boardmaker Tools for Communication



How to Request an Accommodation

If you feel an accommodation would be beneficial or necessary, please request an Accommodation and Assessment Form at the time of registration at the recreation center. This document is used to formally request additional assistance you may require.

Inclusive Programs for 50 +

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming—Senior Olympics, line dancing, art classes and outings. Programs are available at 16 recreation centers across the city—typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff. We hope you will consider participating in some of these great programs!

Please call Whitney at (513)352-4971 if you have any questions about our Inclusion Services!

Accommodations Get The Job Done!

COUNT ME IN Puppetry Program

For the past eight years, the Division of Therapeutic Recreation has been providing a disability awareness program for the children at our recreation centers. This program was designed to help foster a climate of acceptance for children with disabilities who participate inclusively in CRC day camp programs. As we expand our efforts, we are always searching for new ways to implement the program.

In June of 2005, TR applied for a grant from the CVS/pharmacy Charitable Trust for the purchase of a puppetry kit designed by the Pacer Center in Minneapolis, Minnesota. The COUNT ME IN Puppetry Program is a disability awareness project which teaches inclusion and disability awareness through puppet shows. On November 1, 2005, The Cincinnati Recreation Foundation was awarded a grant in the amount of \$7,000 for the purchase of the puppetry kit! We began featuring the puppets at our recreation centers in the spring of 2006. The kit contains 8, 3-foot-tall puppets who portray youngsters from diverse backgrounds with a variety of disabilities. This program seeks to foster positive attitudes and promotes easier integration between children with disabilities and children without disabilities in schools and communities. We are very excited about the impact that this program is having on promoting inclusion and disability awareness in our communities!

If you are interested in learning more about the COUNT ME IN Puppetry Program, please call Dan at (513)352-4013!



Ballroom Dancing

"Wheelchair Ballroom Dancers" is recruiting individuals with and without disabilities, and of all physical abilities to take part in their Ballroom Dancing Program! Classes are offered for those who walk or use a wheelchair, whether it is motorized or manual. Experienced dancers, those with no experience, and even those with two left feet are urged to participate! Couples and singles are welcome. Learn some new dance skills and socialize with new friends! Impress your dance partner with new moves while you increase your strength, stamina, aerobic fitness and general well being. Classes are offered every second and fourth Saturday of the month.

For more information on this non CRC inclusive program, please contact Bernie O'Bryan at (859)750-8975.

Adapted Aquatics & Instructional Swim Programs

Our year-round warm water swimming pools are located at the Mt. Auburn Recreation Center and the U.C. Campus Recreation Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and "easy ladder" with hand railings. The water temperature is maintained at a comfortable 89 degrees. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an Olympic sized pool that is equipped with a chair lift, a moveable bulkhead and fixed blocks for diving and backstrokes. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

Please Note: Our Mt. Auburn Pool is in the process of being renovated; therefore we are unable to offer any aquatics programs at that facility until the spring of 2010. We apologize for any inconvenience this may cause, but we look forward to operating our programs in our newly renovated space!

Parent and Child Aquatics

This program is designed to introduce infants and toddlers, ages 6 months through 5 years, to the water and basic safety skills. The program is open to children with and without disabilities. A parent or caregiver will be required to assist the child in the water. **Please Note: Children under age 5 are encouraged to participate in the Parent and Child Aquatics Program prior to participating in the Adapted Aquatics Program.**

Spring Session

Ages: 6 months – 5
Day: Saturdays
Begin/End: To be determined
Cancellations: To be determined
Time: 9:00 – 10:00 am
Location: Mt. Auburn Pool
Code: PCAS10
Fee: \$53.50
Contact Person: Kristen (513)352-4055

Adapted Aquatics • Beginning & Intermediate Levels

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression, the TR Sequential Swim Progression for individuals with physical disabilities, and the Dolan Method for individuals with autism. Participants are taught swimming skills, water safety and independence. Swimming is an inclusive recreational skill that can improve the participant's health and fitness. Lessons are offered on Tuesdays and Saturdays.

Please indicate your preferred day, time and code on the Program Registration Form.

Spring Session

Ages: 5 & Older
Days/Times: Tuesdays: 4:30 – 5:10 pm
5:15 – 5:55 pm
6:00 – 6:40 pm
Code: AATS10
Saturdays: 10:00 – 10:40 am
10:45 – 11:25 am
11:30 am – 12:10 pm
12:15 – 12:55 pm
Code: AASS10
Begin/End: March 6 – May 11
Cancellations: None
Location: Mt. Auburn Pool
Fee: \$135
Contact Person: Kristen (513)352-4055

TR Sharks Swim Team

This program is for advanced swimmers, ages 6 & older, with cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of 3-5. Each swimmer will be evaluated on the first night of practice. If they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for the Special Olympics and USA Swim Meets! This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness!

Parking passes will be available to purchase for the ten week session. Passes may be purchased at the recreation center front desk for \$20 per month.

Winter Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: November 17 – January 28
Cancellations: November 24, 26 and December 22, 24, 29, 31
Time: 7:30 – 8:30 pm
Location: University of Cincinnati Campus Recreation Center
Code: STW10
Fee: \$100 • Participation in swim meets will require an additional fee.
Contact Person: Kristen (513)352-4055

Spring Session

Ages: 6 & Older
Days: Tuesdays & Thursdays
Begin/End: February 9 – April 15
Cancellations: None
Time: 7:30 – 8:30 pm
Location: University of Cincinnati Campus Recreation Center
Code: STS10
Fee: \$100 • Participation in swim meets will require an additional fee.
Contact Person: Kristen (513)352-4055

Spina Bifida Learn-To-Swim Program

Through the continued support of the Spina Bifida Association of Cincinnati, our individualized Learn-to-Swim Program is designed specifically for individuals with Spina Bifida using the Adapted American Red Cross Swim Progression. The lessons focus on basic water safety skills as well as developing the fundamentals of swimming in a fun environment. Participants have 1:1 assistance in the water while small group games and interaction are encouraged. **With participants under the age of three, parents and caregivers may be asked to stay and be involved with their child during the lesson.**

Parking passes will be available to purchase for the ten week session. Passes may be purchased at the recreation center front desk for \$20 per month.

Spring Session

Ages: 15 Months – 3, and 4 & Older
Day: Fridays
Begin/End: March 5 – May 7
Cancellations: None
Times: 6:30 – 7:00 pm
7:00 – 7:30 pm
7:30 – 8:00 pm
Location: University of Cincinnati Campus Recreation Center
Code: BAAS10
Fee: \$110
Contact Person: Kristen (513)352-4055

Arthritis Aquatics

The Arthritis Aquatics Program is designed by the National Arthritis Foundation to allow individuals with arthritis to exercise in a supportive, low resistance environment. Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

Guidelines to Participate

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.

Spring Session

Ages:	18 & Older
Days/Times:	Tuesdays: 3:15 – 4:00 pm Thursdays: 2:15 – 3:00 pm Fridays: 1:15 – 2:00 pm
Begin/End:	March 9 – May 7
Cancellations:	None
Location:	Mt. Auburn Pool
Code:	AR10
Fee:	\$40 (10 classes) \$72 (20 classes)
Contact Person:	Kristen (513)352-4055



Spina
Bifida
Swims



Adapted
Aquatics



Arthritis
Aquatics



TR Sharks
Swim Team

TR Bowling

Participating in our Bowling Program is a wonderful way to improve your health and fitness! Bowlers of all experience levels are encouraged to participate in this inclusive program—family and friends are welcome, too. Come on out to Brentwood Bowl on Saturday afternoons and join in on the fun!

Open Bowling

Open Bowling is designed for beginners and/or those who are unable to attend on a weekly basis. Friends and family are encouraged to register and participate in this program.

Adapted Bowling

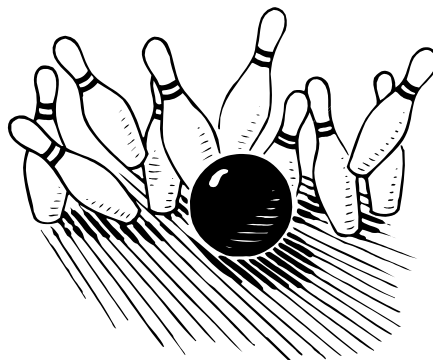
Adapted Bowling is designed for individuals with physical disabilities. Bowling ramps are available.

Junior Bowling

Junior Bowling is for younger bowlers (ages 6-12), and is designed to give them the chance to experience the fun and excitement of bowling. "Bumper" lanes and ramps are available. Friends and family are encouraged to register and participate in this program. **We do request parent/guardian attendance throughout the program.**

Registration Information for All Bowling Programs

Ages:	6 & Older
Day:	Saturdays
Begin/End:	October 3 – April 17
Cancellations:	December 26, January 2, and April 3
Time:	11:30 am – 2:00 pm
Location:	Brentwood Bowl
Codes:	Adapted Bowling AB10
	Junior Bowling JB10
	Open Bowling OB10
Fee:	\$50
Contact Person:	Dawn (513)352-4629



In addition to the program registration fee, a weekly bowling fee of \$5.75 is required for shoes and 3 games.

Please bring exact change.

Please Note: Due to the number of bowlers, our ability to provide individual assistance is limited. Parent/Guardian/Staff assistance is requested for those unable to bowl independently. Scores and averages will be made available each week.

Check-In/Registration: Please arrive at the bowling alley by 11:15 am—bowling will begin at 11:30 am. Bowlers arriving more than 15 minutes late will not be permitted to bowl 3 games, as we must be finished bowling by 2:00 pm. Bowling staff will be available to start collecting payments starting at 10:45 am.

Please Note: Access Riders should be scheduled for pick-up between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

Food, Fun & Fitness

Come join us twice a week while we learn new life skills that lead to a healthy lifestyle! We will explore new and exciting ways to stay healthy through proper diet and exercise, while taking part in service projects and becoming involved with our community. Participants will learn how to choose and prepare nutritious meals, and will also learn about fitness while walking and taking part in other physical activities.

Winter Session

Ages: 18 & Older
Days: Tuesdays & Thursdays
Begin/End: January 5 – February 25
Cancellations: None
Time: 6:00 – 8:00 pm
Location: Dunham Complex
Code: FFFW10
Fee: \$80
Registration Deadline: Friday, December 18
Contact Person: Dawn (513)352-4629

Spring Session

Ages: 18 & Older
Days: Tuesdays & Thursdays
Begin/End: March 2 – April 29
Cancellations: April 6 & 8
Time: 6:00 – 8:00 pm
Location: Dunham Complex
Code: FFFS10
Fee: \$80
Registration Deadline: Friday, February 19
Contact Person: Dawn (513)352-4629

Learn To Play Tennis!

For Individuals with Cognitive Disabilities

This eight-week program is designed to teach the basics of tennis strokes, grips, volleys and serves. Participants will be able to play a game and learn how to keep score. Join in on the fun and develop a life long leisure skill!

Ages: 13 & Older
Day/Dates: Wednesdays – May 5, 12, 19, 26, June 2, 9, 16, 23
Time: 6:30 – 7:30 pm
Location: Ryan Park Tennis Courts (Westwood)
Code: TC10
Fee: \$20
Registration Deadline: Friday, April 30
Contact Person: Dawn (513)352-4629



Therapeutic Recreation Adaptive Sports

Our Purpose

To provide recreational programs for person's with **physical disabilities** that allow the participant to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their quality of life.

Our Programs

Our activities include . . . **Football, Golf, Bowling, Tennis, Strength Training, and Handcycling.**

Our Staff

The Therapeutic Recreation leadership team has over fifty years of experience working with people with disabilities in a variety of settings. Each leader has their degree in Therapeutic Recreation and holds a certification in Therapeutic Recreation—which requires a continuing education to maintain. They are professional, fun to be around, and most importantly, hold the safety of all CRC-TR participants in the highest regard.

Our Participants

The team prides themselves in being able to meet the needs of most individuals. Through participant assessments the staff does what they can to meet the needs of anyone wanting to participate in our programs. With a little duct tape and some imagination, they can do amazing things! There will be times however, when circumstances prohibit participation for some individuals. Since you won't know unless you try, come on out and have some fun!

To hear about our current programs, receive the BlazeSports/Paralympics Scoop monthly newsletter, or ask any questions, please call Ann-Marie Stuart at (513)352-2549. Or—you can always check out our website at www.cincyrec.org/TR.

Miracle League of Cincinnati

The Miracle League is a national association whose goal is to provide opportunities for individuals with physical and cognitive disabilities to play baseball regardless of their abilities. The Miracle League is designed to give every individual the chance to play baseball. The rules are simple. Everyone hits, everyone gets on base, and everyone crosses home plate! Adapted equipment and on-field assistance with "buddies" ensures participation and fun for everyone!

Ages: 5 & Older
Day: Saturdays
Begin/End: April 10 – July 24
Cancellations: May 29, July 3
Time: 9:00 am to Noon (there will be various time slots)
Location: Dunham Complex
Banquet Date: July 24 at **Kolping Center – New Location!**
Code: ADB10
Fee: \$25
Registration Deadline: Friday, March 5
Contact Person: Whitney (513)352-4971



Miracle League Field—A Reality!

Above: Architect's Rendering
Below: Let's Play Ball!!

In 2007, the Reds Community Fund and the Rotary Club of Cincinnati launched a capital campaign to build the first "Miracle League" field in Greater Cincinnati. Members of both groups have created the Miracle League of Greater Cincinnati and Northern Kentucky to oversee the construction of the project and to provide administrative and operational support.

The jewel of the redeveloped site is the Miracle League Field which provides individuals with disabilities a safe and permanent home for CRC's Miracle League/Adapted Baseball program which has existed for 21+ years.

The site chosen for this field is the Dunham Recreation Complex which is located on the west side of Cincinnati. Ground broke in September of 2008, and the new Miracle League Field was ready just in time for the Opening Day of the 2009 Miracle League Season!



Teen Club

Teen ENERGY Club is an extension of our ENERGY Summer Day Camp Program (Education on Nutrition, Exercise, and Recreation for a Growing You) in cooperation with the Hamilton County Special Olympics. This club is full of socialization; group activities, sport opportunities, field trips, and inclusive service learning projects. The teen club will meet at the Clifton Center each meeting date and that will be the location of drop-off and pick-up for field trips and service learning experiences.

Very Important: To be considered eligible for next summer's ENERGY Summer Day Camp Program, you must be a member and participate in this teen club!

Ages: 13 – 19
Day: Saturdays
Dates: January 16, 30, February 13, 27, March 13, 27, April 10, 24
Time: 1:00 – 3:00 pm (field trips may have extended times)
Location: Clifton Center + various other trip sites
Code: TCL09
Fee: \$50
Registration Deadline: Friday, January 8
Contact Person: Kristen (513)352-4055



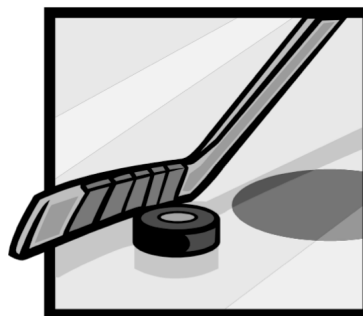
Outings

Our outings require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their attendance at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

Cyclones Game

The Cincinnati Cyclones are back in action! We will have a great time watching the game and enjoying snacks from the concession stand! Appropriate social etiquette and money management skills will be encouraged.

Ages: 18 & Older
Date: Friday, January 29
Program Location: US Bank Arena
Pick-Up Location: Clifton Center
Time: 6:00 – 10:30 pm
Code: CCG10
Fee: \$25 • Staff/Aide \$25
Make sure to bring extra money for snacks!
Registration Deadline: Friday, January 15
Contact Person: Dawn (513)352-4629



Movie & Dinner

Enjoy a relaxing night watching a movie and having a delicious dinner with new friends. This outing will give you the opportunity to polish up your skills on proper eating etiquette and appropriate social behavior in a community setting.



Ages: 18 & Older
Date: Friday, March 26
Program Location: Newport on the Levee
Pick-Up Location: Clifton Center
Time: 5:00 – 11:00 pm
Code: MAD10
Fee: \$35 • Staff/Aide \$35
Make sure to bring extra money for snacks at the movie!
Registration Deadline: Friday, March 12
Contact Person: Dawn (513)352-4629

Other recreation opportunities

Cincinnati Reds Game

Take me out to the ball game, take me out to the crowd! Join us in cheering on the Cincinnati Reds at the Great American Ball Park! Don't miss out on this great American tradition!



Ages:	18 & Older
Date:	Friday, April 23
Program Location:	Great American Ball Park
Pick-Up Location:	Clifton Center
Time:	To be determined
Code:	CR10
Fee:	\$45 • Staff/Aide \$45
Make sure to bring extra money for snacks at the game!	
Registration Deadline:	Friday, April 9
Contact Person:	Dawn (513)352-4629

Overnight Camping Trip

Join us for a fun camping experience at Winton Woods Adventure Outpost! Participants will hike, canoe, fish, play games, and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

Please Note: Individuals attending this trip must be able to dress, eat meals, prepare for bed and sleep independently.

Ages:	18 & Older
Dates:	Saturday & Sunday, May 15 & 16
Program Location:	Winton Woods Adventure Outpost
Drop-Off/Pick-Up Location:	Drop-Off is on Saturday at 1:00 pm, at the Winton Woods Adventure Outpost Pick-Up is on Sunday at 1:00 pm, at the Winton Woods Adventure Outpost
Code:	OCTS10
Min/Max#:	Limited to 10 females and 10 males due to cabin sleeping spaces.
Fee:	\$100
Registration Deadline:	Friday, April 16
Contact Person:	Dawn (513)352-4629



- Once registered, additional paperwork will be mailed to each participant. A liability waiver form and a medical form will need to be completed and submitted to our office prior to participation.
- Another overnight camping trip is planned for September 18 and 19. If you're interested, please contact Dawn at (513)352-4629!

are listed @ **www.cincyrec.org**

Social & Leisure Programs

Karaoke Night

The stage is yours! This is our monthly inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. If you enjoy music, meeting those old as well as new friends, and expressing your creative self—these monthly Saturday nights are the perfect place to be! High attendance is expected at this program, therefore, minimal supervision will be provided.

Ages: 18 & Older
Day: Saturdays
Dates: January 9, February 13, March 13, April 10, May 8
Time: 6:30 – 9:00 pm
Location: Pleasant Ridge Center
Code: KNW10
Fee: \$25
Registration Deadline: Friday, December 18
Contact Person: Dawn (513)352-4629

Stepping Out

Here's a great opportunity to learn some new dance steps, stay in shape, meet new friends, and have some fun! This program will better prepare you for our upcoming Sweetheart Dance! During this class we will focus on learning new dance steps that correspond to the theme of our dance. So put on your dancin' shoes and let's get started!

Learn "Sweetheart" Dances

Ages: 18 & Older
Day: Wednesdays
Dates: January 27, February 3, 10
Time: 6:00 – 8:00 pm
Location: Dunham Complex
Code: SOS10
Fee: \$20
Registration Deadline: Friday, January 22
Contact Person: Whitney (513)352-4971

Sweetheart Dance

Come and celebrate the season by dancing to the music, socializing with friends, and enjoying a delicious meal! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior. Also, check out our Stepping Out Program listed above, where participants can practice new, theme appropriate dance moves just in time for the dance! Our dances require advance registration due to group rates or meal preparation. Please note the registration deadline and be aware that this event may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment. **No one will be permitted to register at the door the day of the dance.**

Ages: 18 & Older
Date: Friday, February 12
Time: 6:30 – 9:30 pm
Location: Kolping Center – New Location!
Code: SD10
Fee: \$25 • Staff/Aide \$19 • Dinner is included
Registration Deadline: Friday, January 29
Contact Person: Kristen (513)352-4055



Support Information

Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below . . .

Sponsorship – TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you could receive additional recognition for the funding provided for a special event.

Donations – Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Commission Foundation are tax deductible to the fullest extent of the law. The CRC Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Commission Foundation, you are able to identify what you would like the funds to be spent on. If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Commission Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Therapeutic Recreation Division. For more information, please call Alayne at (513)352-4945.

Volunteer – The Therapeutic Recreation Division needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it's an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. If you would like more information on volunteer opportunities and/or a volunteer application, please call Ann-Marie at (513)352-2549, or e-mail her at annmarie.stuart@cincinnati-oh.gov.

TR's Wish List! – The Therapeutic Division has a wish list of items that could be used for our programs. Those items are . . .

Digital Camera	Exercise Equipment
Portable DVD/VHS Television	Portable Basketball Hoop
Gift Cards for DVD/VHS Rentals	Art Supplies
Large Radio with CD Player	Puzzles
Karaoke Machine/DVD's	Books
Laptop Computer	Timers
Wii Accessories	Sensory Toys
Hand-Held Games:	Switch Toys
DSI, Gameboy, Leapster, etc.	

Thank You To Our Sponsors!

In these days of budget crunching, we want to take the time to send sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Billy Casper Golf
Carol Robinson
Cincinnati Reds Community Fund
CVS/pharmacy Charitable Trust
Dennis Piening
Elder High School
Hamilton County Special Olympics
Kid Glove
Push America
Robert W. Baird & Co.
Shining Light Foundation
Spina Bifida Association
USTA – Midwest Section

Carol Ann and Ralph V. Haile, Jr. U.S. Bank Foundation
Cincinnati Recreation Commission Foundation
City of Cincinnati
D.A.G. Construction
DOW Chemical Company
Great American Insurance
John Berninger & Family
Miracle League of Greater Cincinnati & Northern Kentucky
RHC/CITE Services
Rotary Club of Cincinnati
Shirley Ledford
United States Golf Association Foundation

GUIDELINES

For Participants, Parents and Guardians

Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office. Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structural program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR Program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR Office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs.)

REGISTRATION

For all Therapeutic Recreation Programs

Complete the Program Registration Form (insert). List the program code, name, location and fee for each program registering for.

Mail or bring the completed form with a check or money order to the Cincinnati Recreation Commission, Therapeutic Recreation, 805 Central Ave., Ste. 800, Cincinnati, OH, 45202. Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$15 fee for any dishonored check submitted. **Please do not send cash through the mail. New this year, we will accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.**

Program registration will not be accepted without program payment. The program registration form must be received in the administrative office (805 Central Ave.) before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation. Please continue to call us for information about programs or if you need help with registration.

We do send confirmation of registration. If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations may not be accepted after the deadline.

Refunds of program fees are considered if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

During inclement weather, please listen to our Local Channel 12 to find out about program cancellations.



Send us your e-mail address and take advantage of our e-mail announcements!

Want to know what's happening with Therapeutic Recreation? We're taking advantage of the current technology and sending e-mail announcements to keep everyone up-to-date! The announcements include valuable information about upcoming programs, "spontaneous" events, and TR staff. If you are interested in being on our e-mail distribution list, please call Kristen at (513)352-4055, or send her an e-mail to kristen.clatos@cincinnati-oh.gov.



Therapeutic Recreation
805 Central Avenue, Suite 800
Cincinnati, OH 45202
Phone: 513.352.4028
Fax: 513.352.4637
www.cincyrec.org/TR

Program Registration Form

Would you like to continue to receive program guides or e-mails?

Program Guides _____ E-Mails _____

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration Forms and payment may be mailed or delivered to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at www.cincyrec.org/TR!

Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone	Alternate Phone(s) - other than home			E-Mail Address	
Parent/Guardian Name	Relationship			Phone Number(s)	
Parent/Guardian Name	Relationship			Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home / Agency		Contact Name		Phone Number(s)	

Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Mental Retardation: Mild – Moderate – Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind – Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability – Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) _____

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? _____

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? _____

Additional information that would assist in programming for the participant: _____

Medical Information

Please circle all that apply to the participant:

Allergies (specify below)	Catheter	Hearing Aid	Scoliosis
Arthritis	Diabetes	Heart Condition	Shunt
Asthma	Diet Restriction	Hemophilia	Tracheotomy
Atlantoaxial Subluxation	Ear Tubes	High Blood Pressure	Other: _____
Braces (Orthopedic)	Glasses	Prosthesis	_____

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other _____

If yes, how often does the participant have seizures? _____ Date of last seizure: _____

Please identify the name, dosage and time of any medication the participant is currently taking:

Medication Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Name _____ Dosage _____ Time _____

Program Information

Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
		\$
Please remember to register staff/aides for each program, if applicable! Interested in making a donation? Please call us at (513)352-4028!		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ call us with card info		Amount Enclosed \$

Are you a new participant? ☐ Yes ☐ No If yes, how did you hear about us? _____

What type of transportation does the participant have?

☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access – I.D.# _____

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian _____ Date _____

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian _____ Date _____

Cincinnati Recreation Commission

Facility Directory

CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Camp Washington	1201 Stock St. (25)	681-6046
Carthage	19 E. 72 nd St. (16)	821-2954
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
Kennedy/Woodford	6065 Red Bank Rd. (13)	631-5625
LeBlond	2335 Eastern Ave. (02)	281-3209
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Rd. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Auburn	270 Southern Ave. (19)	381-1760
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (10)	381-1893
Pleasant Ridge	5915 Ridge Rd. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (23)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

Additional TR Program Locations

TR Main Office	805 Central Ave. (02)	352-4028
Brentwood Bowl	9176 Winton Rd. (31)	522-2320
Great American Ball Park	100 Main St. (02)	765-7000
Kolping Center	10235 Mil Rd. (31)	851-7951
Newport on the Levee	1 Levee Way , Newport, KY (41071)	859-291-0550
Ryan Park Tennis Courts	Fischer Pl. & Meyer Pl. (11)	NA
University of Cincinnati	2820 Bearcat Way (21)	556-0604
Campus Recreation Center		
US Bank Arena	100 Broadway St. (02)	421-4111
Winton Woods	10299 McKelvey Dr. (31)	521-2345
Adventure Outpost		

Pools • Indoor & Deep Water

Krueck Pool	270 W. McMillan St. (19)	861-4169
Mt. Auburn Pool	270 Southern Ave. (19)	381-6780
Over the Rhine Pool	1715 Republic St. (10)	381-1893

Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5920 Kellogg Ave. (28)	231-6513
Dunham	1951 Dunham Way (38)	251-1157
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creek Rd. (33)	451-4408

CRC INFOline (513)352-4000

www.cincyrec.org

Most Zip Codes are Prefix 452
Most Phone Numbers are Area Code 513

Cincinnati Recreation Commission

Kazava Smith, President
Michael J. Moeddel, Vice President
Dawn Denno, Member
Roscoe A. Fultz, Member
Catherine D. Ingram, Member
Brittany Robinson & Brienna K. Mathews, Youth Commissioners
Norman C. Merrifield, Ed.D., Director
Stephen J. Pacella, PGA, Superintendent
Michael A. Thomas, Superintendent

Cincinnati Recreation Commission

Division of Therapeutic Recreation Adaptive Recreation

Abilities



Empowerment

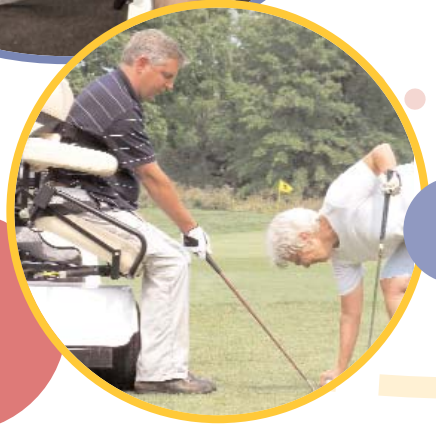


Friends

**Self
Confidence**



Challenge



January - May 2010



US PARALYMPICS

